

## MOTHER OF "TWILIGHT SLEEP" BABY BRINGS MESSAGE TO "MARTYRS OF MOTHERHOOD"

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Two years ago I did not myself know what twilight sleep was. I did not even know that there WAS such a thing as twilight sleep.

When I went to Freiburg two years ago to have my child I found that the Freiburg way was called "Dammerschlaf," which roughly translated means "twilight sleep."

Twilight sleep, I found from my experience, is easier for the doctor than for the mother to describe, for the period of my "twilight" is a period of ten hours just wiped out of my life.

I remember the nurse stooping over me with the hypodermic needle, and I remember waking up in the same dim room with the same quiet nurses passing to and fro. I was frightened because the labor had stopped and I thought that something was the matter, so when the nurse came to me I told her that labor had stopped. She laughed, stepped to a table and brought me my baby. I had brought him into the world entirely by my own efforts and even with some of the expressions of pain that a woman in consciousness uses, but I knew nothing of what I had been doing!

Many elements go to produce twilight sleep. The sleep itself is not unconsciousness or even semi-consciousness; it is simply instantaneous forgetfulness of pain. One moment you see the mother crying in pain; the next she will be sleeping so soundly that you cannot believe she is the same woman.

The drug element in twilight sleep is at first a tiny dose of copolamin, together with a small dose of morphine. Then the scopolamin is repeated in still tinier doses, but no more morphine is used. The scopolamin is only repeated when, by the so-called "memory test," the doctor

finds that the mother is remembering some of the things that happen about her and may soon remember the pain.

Quite as important as the drugs are the "psychic" elements in twilight sleep. These are a mind undisturbed by fear and a quiet, dim room, where



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sight and hearing and touch are especially protected from disturbance. These are what enable the mother to drift dreamily into the twilight, even under a very tiny dose of the narcotic.

This is what doctors had done with scopolamin-morphine before Prof. Bernhard Kronig and his assistant, Dr. Carl Gauss, by years of patient